Examiners' Report
Lead Examiner Feedback

January 2022

Pearson BTEC Nationals
In Sport (31525H)
Unit 2: Fitness Training and Programming for Health, Sport and Wellbeing

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Grade Boundaries

What is a grade boundary?

A grade boundary is where we set the level of achievement required to obtain a certain grade for the externally assessed unit. We set grade boundaries for each grade, at Distinction, Merit and Pass.

Setting grade boundaries

When we set grade boundaries, we look at the performance of every learner who took the external assessment. When we can see the full picture of performance, our experts are then able to decide where best to place the grade boundaries – this means that they decide what the lowest possible mark is for a particular grade.

When our experts set the grade boundaries, they make sure that learners receive grades which reflect their ability. Awarding grade boundaries is conducted to ensure learners achieve the grade they deserve to achieve, irrespective of variation in the external assessment.

Variations in external assessments

Each external assessment we set asks different questions and may assess different parts of the unit content outlined in the specification. It would be unfair to learners if we set the same grade boundaries for each assessment, because then it would not take accessibility into account.

Grade boundaries for this, and all other papers, are on the website via this link:
http://qualifications.pearson.com/en/support/support-topics/results-certification/grade-boundaries.html

Awarding BTEC qualifications in 2022

Ofqual has set out their plans for awarding qualifications in 2022 and intend to return to a normal, pre-pandemic, approach to grading standards over by 2023. They have confirmed that 2022 will be a transition year, to reflect that we are in a pandemic recovery period and students' education has been disrupted.

Our guiding principle and approach to awarding BTEC qualification results in 2022 will be to ensure parity in relation to the approach being taken for GCSE and A level learners. BTEC courses have a different structure and design to academic qualifications - BTECs are modular

qualifications (with assessments taking place throughout the course) compared to GCSEs and A levels which are linear (assessed and awarded at the same time at the end of the year), and therefore our approach needs to be different.

In 2022 we will return to the usual method of calculating BTEC qualification results, however adaptations including, U-TAGs and reduced internal assessment, are in place to provide a comprehensive package of support for students.

The basis of our awarding approach to BTECs this year is to ensure it is as fair as possible for all learners. We will use a range of evidence to set grade boundaries for the external units. Part of this evidence will be to closely monitor learner performance in all assessments that contribute to learners' final qualification grade, to ensure parity with A level and GCSEs.

Further information can be found on our website and via our Social Media channels.

Unit Code: Unit title

Grade	Unclassified	Level 3			
		N	P	M	D
Boundary Mark	0	11	23	35	48

Introduction

Fitness Training and Programming for Health, Sport and Well-being is a combination of several previous QCF units such as Exercise, Health & Lifestyle, Fitness Training and Programming, Nutrition and Fitness Testing. There have been no major changes to the format of the examination from the previous exam series.

This task-based assessment followed the same format as previous series with the emphasis being around a different scenario. This task-based assessment is split into 6 questions which are open response answers and are awarded different marks.

Question 1 identified the different lifestyle factors of the chosen individual within the scenario as well as assessing their health monitoring test results. There was a total of 12 marks for this question. Question 2 covered the different lifestyle modification techniques that were appropriate for the individual and would be awarded a total of 12 marks. Question 3 would ask the learners to propose and justify nutritional guidance for the selected individual and would be awarded a total of 8 marks. Question 4 covered different training methods for the selected individual and would be awarded a total of 8 marks. Question 5 asked the learners to design weeks 1, 3 and 6 of a 6-week training programme taking into account the individuals training needs and would be awarded a total of 6 marks. The final question looked at giving a justification of the design of the training programme that learners had completed in the previous question, taking into consideration the principles of training, and this would be awarded a total of 14 marks.

Introduction to the Overall Performance of the Unit

Learners are starting to perform consistently better across the paper following previous exam series. Learners are giving more detailed answers that are both taken from the unit specification as well as being made specific to the given scenario and individual. Learners appear to be using their preparation and research time effectively before part B is released and utilising the use of their notes within the controlled assessment period.

The scenario for this exam series was based around an 18-year-old swimmer who has ambitions for competing for Team GB at the next Olympic Games. The individual trains twice per day from Monday to Friday,

once in the morning and again in the evening with competitions on the weekend. The theme to the scenario is that the individual is overtraining as they often feel mentally and physically tired and this has therefore had a detrimental effect on their swimming performance. The individual has decided to get a new coach and change their training routine to improve their overall swimming performance during competitions.

Question 1 responses again performed consistently well across the board due to the amount of information that was available for the learners to discuss within Part A and Part B of the scenario. The scenario allowed for all the lifestyle factors from the specification to be discussed and their implications on the health and wellbeing of the individual. All four health monitoring tests were also accessible from the scenario. Majority of the responses performed consistently well as learners had a lot of information that they could use within their answer.

Question 2 responded well this exam series with learners giving specific lifestyle modification techniques from the specification for the chosen individual. This series allowed for the learners to give lifestyle modification techniques based around smoking, stress, sleep and reducing the amount of exercise (rest day). A large proportion of learners gave lifestyle modification techniques that were specific to these chosen lifestyle factors. The better responses linked the barriers to change to each lifestyle modification technique for each of the different targeted lifestyle factors for this individual.

Question 3 performed well this series as learners are starting to understand the type of nutritional guidance that should be proposed from the specification for the individual. Learners that proposed guidance around the recommended daily allowance of calories, macronutrients, micronutrients, ergogenic aids and hydration would have gained higher marks.

Question 4 performed well this series as the scenario allowed for training methods to be proposed from either Power, Speed, Strength, Reaction Time, Aerobic Endurance, Muscular Endurance, Flexibility and Core Stability. If learners proposed at least one training method from the specification from at least four different components of fitness then the response would fall into the higher mark bands.

Question 5 performed well this series as learners had to design weeks 1,3 and 6 of a 6 seek fitness training programme. If learners applied at least 3

different components of fitness that are relevant to the individual and applied the principles of training, then the response would fall into the higher mark bands.

Question 6 is performing better each exam series with a high proportion of learners now giving responses based around the principles of training that they had implemented into their 6-week training programme. The better responses saw learners justify in detail each of the principles of training, including the FITT principle, while making them relevant to the individual in the scenario. More learners are responding to the question by justifying the design of the programme with its aims and objectives, resources needed, the SMARTER principle and covering periodisation.

For this examination series, the mark scheme for unit 2 had the following percentage weighting for the different questions and traits;

Question/Traits	1	2	3
1	35%	35%	30%
2	30%	50%	20%
3	40%	60%	
4	40%	60%	
5	40%	60%	
6	70%	30%	

This was considered when marking the learner work and placing their answers into the relevant mark bands to decide their overall score for each question. This percentage weighting for the mark scheme may change each examination series to come in line with the current scenario being applied.

Individual Questions

The following section considers each question on the paper, providing examples of popular learner responses and a brief commentary of why the responses gained the marks they did. This section should be considered with the live external assessment and corresponding mark scheme.

Question 1 – Interpret the lifestyle factors and screening information for Nadia Kang.

Majority of the marks would be awarded if learners could identify the lifestyle factors from the screening information and describe these comprehensively. The lifestyle factors that should be covered are Sleep, Diet, Exercise, Smoking, Alcohol, Stress and a Sedentary Lifestyle.

Learners should also be able to give a detailed analytical approach of the lifestyle factors identified for the chosen individual, leading to an interpretation of their impact on their health and wellbeing. The interpretation should have specific relevance to the health and wellbeing of the individual.

Learners also needed to give a detailed analytical approach and interpretation of the health monitoring test results for the chosen individual. The interpretation should be made specifically relevant to the individual and their health and lifestyle. All 4 health monitoring test results should be covered from Resting Heart Rate, Blood Pressure, Waist to Hip Ratio and Body Mass Index (BMI).

This response gained 11 out of 12 marks

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

1 Interpret the lifestyle factors and screening information for Nadia Kang.

(12) Q01

Diet-

Nadia is currently eating within the goverment recomendations of ~~a~~ ~~be~~ 2000 calories a day. However despite her consuption of enough calories she is not eating 5 a day. Nadia's 5 a day will ensure she is recieving the vitamins and minerals required for her lifestyle as well as boosting immunity functions. A posive in her diet is her water intake. She is consiuming between 2-3 litres of water a day which would allow her to by hydrated for her training. By ensuring a healthy, balanced diet it will enable Nadia to have a suppliciant source of energy in the day resulting in her being more likely to be selected for team GB as she will live a healthier lifestyle.

Smoking-

Nadia is currently smoking 4 cigarettes a day which is a negative factor in her life-style. Smoking is damaging to an ~~that~~ Nadia's health as it contains Nicotine and tar which can lead build ups in the arteries and inflation of the broche. By Smoking Nadia increases the ~~her~~ risk of Coraty heart disease (CHD) and

Angina (Chest pain). ~~If~~ The government recomends an individual not to smoke at all, so by smoking Nadia is impacting/impeding her goal. as a short distance swimmer you have to swim at higher intensities, smoking would restrict this. This would impact her goal because if she can't work at these intensities, she will not work as hard making her chances of being seleted for team GB lower.

Sleep-

The government recomends an individual to get 7-9 hours of sleep a night to ensure full rest and recovery. Nadia is currently recieving 6-7 hours of sleep a night which is a negative ~~of~~ lifestyle. factor. Nadia states she is "~~pt~~ very tired" physically which could be from her busy lifestyle. If Nadia is not sleeping sufficently it may then impact her performance. resulting in her not meeting her goal. If nadia is tired at a competion she is less likely to perform well which would further result in her negative performance reducing her chance of selction for team GB and getting a medal.

Physical achivity.

This a posive factor in Nadias life-style as Nadia is training twice a day. As an elite performer Nadia will be training

Suggestly to work towards Competetions. The Government recomends 150 minuetes of aerobic activity a week as physical activity improves posture and strengthens bones. As Nadia is physically active ~~most~~ does her goal is more attainable. In short, If Nadia trains she is more likely to be healthy ~~and~~ therefore allowing her to be selected to team GB and increasing the possibility of winning a medal

Alcohol.

The Government recomends that an individual should drink no more than 14 units a week, Nadia currently drinks 0 units therefore ~~she~~ making it a posive factor in her lifestyle. Drinking mass amounts of alchol increases the risk of stroke due to the clogging of arteries. By not drinking Nadia decreases the risk of stroke and makes her goal of selection for team GB more attainable. By not drinking it allows nadia to be more physically and mentally ~~happy~~ healthy allowing her to be more likely for team GB Selection

Stress-

~~A~~ Nadia States that She ~~felt~~ feels "very tired mentally" and experiences

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Stress daily due to her want to win Competetions. This Stress as an elict athlete could be to pegectionist tendencies and her need to do well. The demands to Succed may result in her not performing well. As She has no rest days ~~and~~ She has no real recovery as well as her managing School work too. This is a negative factor for Nadias health.

Screening information -

Nadia currently has good fitness levels and this can be infered from her RHR scores of 58 (in the Athlete Zone) and her usual blood pressure of 120/80. She also has a low risk ~~blood pressure score~~ waiste to hip ratio score. These results link to the factors of physical activity and Alcohol as they are both positive for Nadia. However Nadia has an underweight BMI. Her score is 17 which may help her in the pool but it is negative due to an insufficient diet and ~~over~~ not maintaining a Support energy balance.

~~Nadia~~

To meet Nadias goal She should decrease her Stress and improve her sleep.

(Total for Activity 1 = 12 marks Q01_Total

The learner has interpreted and comprehensively described all of the relevant lifestyle factors from the screening information. Diet, smoking, sleep, physical activity, alcohol and stress have all been covered by the learner. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also given a detailed analytical approach to the interpretation and impact of each of the lifestyle factors which has been made specifically relevant to the health and wellbeing of the individual. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

There has also been a detailed analytical approach leading to the interpretation of the health monitoring test results and the interpretation has been made specifically relevant to the individual by linking the health test results to specific lifestyle factors. This part of the answer has fallen into mark band 4 for trait 3 of the mark scheme.

Activity 1

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Interpret lifestyle factors and screening information for an individual	0	1–4	5–7	8–9	10–12
	No rewardable material.	Lifestyle factors are identified from screening information. An interpretation of the impact of the lifestyle factors might be attempted, however has limited relevance to the health and wellbeing of the individual. An interpretation of health monitoring test results might be attempted, however is generic, lacking relevance to the individual.	Lifestyle factors are identified from screening information, and are described. Attempted analytical approach leads to an interpretation of the impact of the lifestyle factors; interpretation demonstrates general relevance to the health and wellbeing of the individual. Attempted analytical approach leads to an interpretation of health monitoring test results; interpretation is generally relevant to the individual.	Lifestyle factors are identified from screening information, and are described in detail. Analytical approach leads to interpretation of the impact of the lifestyle factors; interpretation demonstrates relevance to the health and wellbeing of the individual. Analytical approach leads to interpretation of health monitoring test results; interpretation is relevant to the individual.	Lifestyle factors are identified from screening information, and are comprehensively described. Detailed analytical approach, leading to an interpretation of the impact of the lifestyle factors; interpretation has specific relevance to the health and wellbeing of the individual. Detailed analytical approach, leading to an interpretation of health monitoring test results; interpretation is specifically relevant to the individual.

The extra one mark could have been awarded if the learner had given further detail on the impact of each lifestyle factor making it specifically relevant to the health and wellbeing of the individual.

Each scenario for all exam series will always allow for all seven lifestyle factors to be identified and therefore interpreted in the correct manner. Each scenario will also allow for all four health monitoring test results to be interpreted by the learner.

This response gained 5 out of 12 marks

Taskbook

Please do not write answers outside the spaces provided.

You must complete all activities in this taskbook.

1 Interpret the lifestyle factors and screening information for Nadia Kang.

(12)

Nadia is a female 18 year old 50 m sprint swimmer competing to go to the Olympics, from her lifestyle factors and screening information I can see that Nadia does some of things right with her health but also allot of things she shouldnt be doing if she wants to become an Olympic swimmer.

The first thing I noticed when looking at Nadias lifestyle factors was that she said she feels stress on a daily basis. Stress is a mental and physiological response to your environment. There are lots of things that could cause Nadias stress such as sporting expectations, her training regime or her school life. There are lots of health risks associated with stress such as hypertension, angina, stroke, heart attack and even depression.

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The second thing I noticed about Nadias lifestyle factors and screening information is that she smokes 4 cigarettes a day. ~~Smoking~~ Tobacco smoke contains Nicotine and tar which causes 7000 chemicals to spread through all throughout your body and organs. It causes addiction, increases heart rate and blood pressure. Tar can cause cancer because it largely collects in the respicitory tract and is then gradualy absorbed so smoking is the last thing you want an athlete to be doing. She could be smoking to help reduce the stress she has.

~~Some this~~ Something else that I saw in the Lifestyle factors and health screening tests was that she trains twice a day for 1.5 hours each session before and after skool. This could be one of the reasons why Nadia feels stressed and mentally and physicly tired.

Another thing that I noticed in Nadias Lifestyle factors and screening information was that her blood pressure was

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120/80 mmHg which means that she currently has a pre high blood pressure. As an Olympic level athlete her blood pressure should be that high as if it gets hear it can cause hear problems, the likely reason it is this high is because of the stress and smoking ~~with~~ which are both reasons for an increased blood pressure.

The learner has interpreted and described stress, smoking and physical activity from the given scenario. This part of the answer has fallen into mark band 2 for trait 1 of the mark scheme.

An interpretation of the impact of the lifestyle factors has been attempted by the learner which demonstrates general relevance to the health and wellbeing of the individual. This part of the answer has fallen into mark band 2 for trait 2 of the mark scheme.

The learner has briefly covered blood pressure but not covered any of the other three health monitoring tests. This part of the answer has fallen into mark band 1 for trait 3 of the mark scheme.

Question 2 – Provide and justify lifestyle modification techniques for Nadia Kang.

The higher band of marks were awarded here for proposed lifestyle modification techniques that demonstrated specific relevance to Nadia's lifestyle and her requirements. A learner should be able to give lifestyle modification techniques based around smoking, stress, sleep and reducing physical activity. If a learner was to propose at least one technique from the specification for 3 of the 4 identified lifestyle factors, then their response would fall into mark band 4 for trait 1.

A learner should also be able to give a justification for the proposed modification techniques that are specifically relevant to the individual's lifestyle factors. The specification states different lifestyle modification techniques for smoking and stress. Learners may also suggest a rest day for Nadia to reduce her physical activity and suggestions around increasing her sleep. Learners should be able to justify in detail at least one lifestyle modification technique from three of these lifestyle factors making them specifically relevant to the chosen individual in the scenario. Learners should also take into consideration the 'barriers to change' while justifying their proposed lifestyle modification techniques to fall into mark band 4 for trait 2 of the mark scheme.

A learner should also be able to give proposals of lifestyle modifications that systematically link to the lifestyle factor analysis. The proposals given should demonstrate an understanding of significance, i.e., which is the most important lifestyle modification technique and why.

This response gained 10 out of 12 marks.

2 Provide and justify lifestyle modification techniques for Nadia Kang.

(12) Q02

The most important lifestyle factor is stress. Nadia states that she feels very stressed due to pressure of competitions leading her feeling anxious. One strategy to help improve is assertiveness goal setting. This is an activity where you set goals you know you can achieve making it very achievable and therefor satisfactory. As this activity releases endorphins it helps with mood and well-being leading to a positive lifestyle. However, the barriers to this are that she may not be able to find the time to do this. As she's a student, she works 5 hrs a day and then trains twice a day on top of that. This means that time can be an issue when trying this technique. However to reduce her levels of stress, she should try to work through the techniques and overcome the barriers. As well as this, she could also try some inhalation and exhalation breathing exercise daily, as it'll help her well-being and anxiousness.

The next most important factor is smoking. We know that she smokes 4 cigarettes a

a day which will overall lead to a negative impact. A technique she should try first are helplines. These are especially for youngsters and they are there to support you and help you quit. It'll allow her to feel more comfortable when talking about it. She should also try nicotine replacement. This is a patch that is stuck on which releases nicotine into the body through the skin. This is shown to be a very effective and helpful way to stop smoking. However, a barrier to this may be cost. As she's a student she may not have that much money therefore not feel the need to have to spend it on nicotine patches, however to help her quite smoking and therefore improve her sporting performance in order to achieve her goal, she should try the techniques and aim to overcome the barrier of cost.

Lastly, the other important factor is physical activity. Nadia is an elite trainer who trains 2× a day and competes on the weekends. This has shown to lead her feeling very overwhelmed, stressed and have a lack of sleep. A technique to help her lifestyle would be slightly reducing her intensity of training by

replacing swim sessions with yoga / pilates to help her with her self - well - being. As she wants to avoid reversibility, she should still exercise but try the modification and decrease her intensity. A barrier to this is cost as those sessions may cost money which she isn't earning as she's a student in school. However in order to improve her lifestyle and sense of well - being, she should overcome the barriers and try the modification technique.

As well as the three 3 lifestyle factors I've spoken about, Nadia feels very stressed which could impact her sleep causing her to have a lack of sleep. In order to help this, she should try and overcome her barrier of time, to make enough time for sleep in order to build muscle repair. Therefore she could cut down on screen time and eat regular meals. This will allow her to have a healthier and more positive lifestyle and have more chances of achieving her goal which is to be selected for team GB and win a medal in the Olympics.

The learner has proposed lifestyle modification techniques that demonstrate specific relevance to the individual's lifestyle and their requirements from the targeted scenario. Lifestyle modification techniques have been suggested around stress, smoking, reducing physical activity and increasing sleep. The learner has given specific strategies taken from the specification to reduce stress and smoking. The learner has also suggested strategies that reduce the amount of physical activity and strategies to increase the amount of sleep she is getting. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme as the learner has proposed at least one technique from the specification for at least three identified lifestyle factors.

The learner has also justified the proposed modification techniques and made them specifically relevant to the individual's lifestyle factors. The techniques that have been proposed have been justified in terms of the individual's lifestyle and work commitments and the 'barriers to change' have also been taken into consideration for Physical Activity, smoking and stress. This part of the learners' answer has fallen into mark band 4 for trait 2 of the mark scheme.

The lifestyle modification proposals do systematically link to the individual's lifestyle factor analysis and the proposals demonstrate an understanding of significance. This part of the answer has fallen into mark band 3 for trait 3 of the mark scheme.

Activity 2

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Proposed lifestyle modification techniques	0	1–3	4–6	7–9	10–12
	No rewardable material.	Proposed lifestyle modification techniques are generic, with limited relevance to the individual's lifestyle or requirements. Justification for proposed modifications might be attempted, however has limited relevance to the individual's lifestyle factors. Linkage between proposals and factor analysis might be present.	Proposed lifestyle modification techniques demonstrate general relevance to the individual's lifestyle and requirements. Justification for proposed modifications are often present and are generally relevant to the individual's lifestyle factors. Proposals link to lifestyle factor analysis, although there may be occasional lapses.	Proposed lifestyle modification techniques demonstrate relevance to the individual's lifestyle and requirements. Justification for proposed modifications are present and are relevant to the individual's lifestyle factors. Proposals systematically link to lifestyle factor analysis; proposals demonstrate an understanding of significance.	Proposed lifestyle modification techniques demonstrate specific relevance to the individual's lifestyle and requirements. Justification for proposed modifications are present and are specifically relevant to the individual's lifestyle factors. Proposals systematically and consistently link to lifestyle factor analysis; proposals are prioritised, demonstrating a thorough understanding of significance.

The extra marks would have been awarded if the learner had given a conclusion that prioritised the lifestyle modification techniques stating why they are most important in relation to the individual and their chosen sport.

Each scenario for each exam series will always allow for lifestyle modification techniques to be proposed for either stress, alcohol, smoking and/or physical activity. The learner must propose lifestyle modification techniques that are taken from the specification for each of the identified lifestyle factors that need to be addressed for the chosen individual. If the chosen individual does not smoke, then a learner would not need to propose a lifestyle modification technique for this factor.

This response gained 2 out of 12 marks.

2 Provide and justify lifestyle modification techniques for Nadia Kang.

(12)

To make the lifestyle modification techniques suitable I have made Nadia's goals SMARTER. The training methods I have used are specific to improve speed and technique.

Nadia should try to stop smoking by a support group or other solutions. A barrier could be stress. If Nadia feels stressed, she may find that smoking helps. Although, it is very bad for you.

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The learner has proposed lifestyle modification techniques that demonstrate general relevance to the individual's lifestyle and their requirements from the targeted scenario. Lifestyle modification techniques have only been proposed for smoking as there are no other techniques taken from the specification. This part of the answer has fallen into mark band 2 for trait 1 of the mark scheme.

The justification for the proposed modification has not been attempted by the learner. This part of the learners' answer has fallen into mark band 0 for trait 2 of the mark scheme.

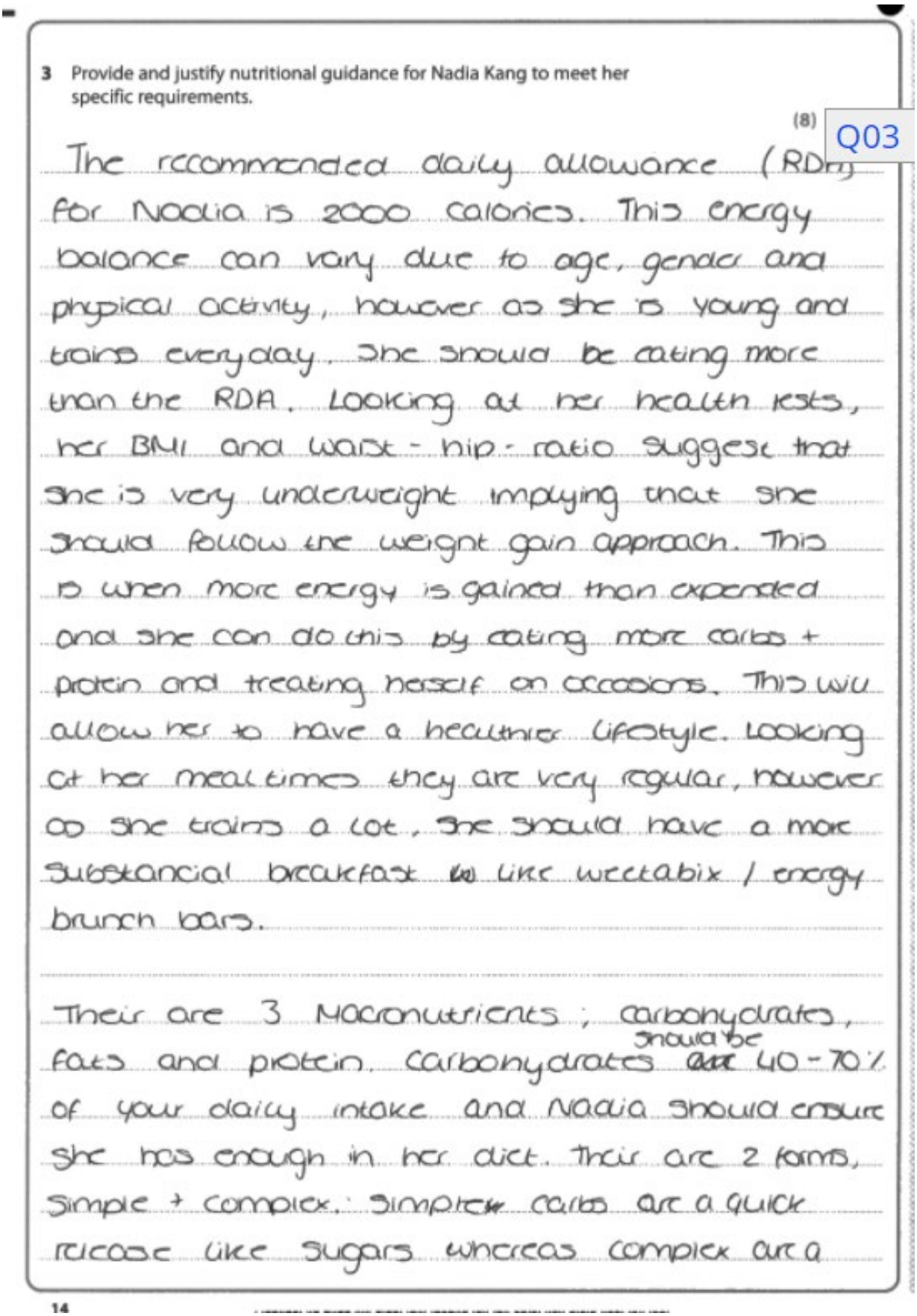
The learner has provided some linkage between lifestyle modification proposals and lifestyle factor analysis as one modification technique for smoking has been suggested. This part of the answer has fallen into mark band 1 for trait 3 of the mark scheme.

Question 3 – Provide and justify nutritional guidance for Nadia Kang to meet her specific requirements.

The proposed nutritional guidance should demonstrate specific relevance to the individual's requirements. The recommended daily allowance of calories for the individual should be stated considering that a positive energy balance should be maintained, and that the individual should be consuming more than 2000 Kcal per day. Quantities and sources of food for both macronutrients and micronutrients must be proposed as well as hydration levels and ergogenic aids that can help improve sporting performance. To make the nutritional guidance specifically relevant for Nadia, learners must propose an increase in calorie intake as well as an increase in the daily consumption of fluid.

The proposed nutritional guidance should be justified making it specifically relevant to the individual's dietary requirements for their health and wellbeing. Nadia needs to increase the number of calories that she consumes per day in a sensible manner to allow her to train at high intensities.

This response gained 8 out of 8 marks.



3 Provide and justify nutritional guidance for Nadia Kang to meet her specific requirements.

(8)

Q03

The recommended daily allowance (RDA) for Nadia is 2000 calories. This energy balance can vary due to age, gender and physical activity, however as she is young and trains everyday, she should be eating more than the RDA. Looking at her health tests, her BMI and waist - hip - ratio suggest that she is very underweight implying that she should follow the weight gain approach. This is when more energy is gained than expended and she can do this by eating more carbs + protein and treating herself on occasions. This will allow her to have a healthier lifestyle. Looking at her meal times they are very regular, however as she trains a lot, she should have a more substancial breakfast like weetabix / energy brunch bars.

Their are 3 Macronutrients; carbohydrates, fats and protein. Carbohydrates should be 40 - 70% of your daily intake and Nadia should ensure she has enough in her dict. Their are 2 forms, simple + complex. Simple carbs are a quick release like sugars whereas complex are a

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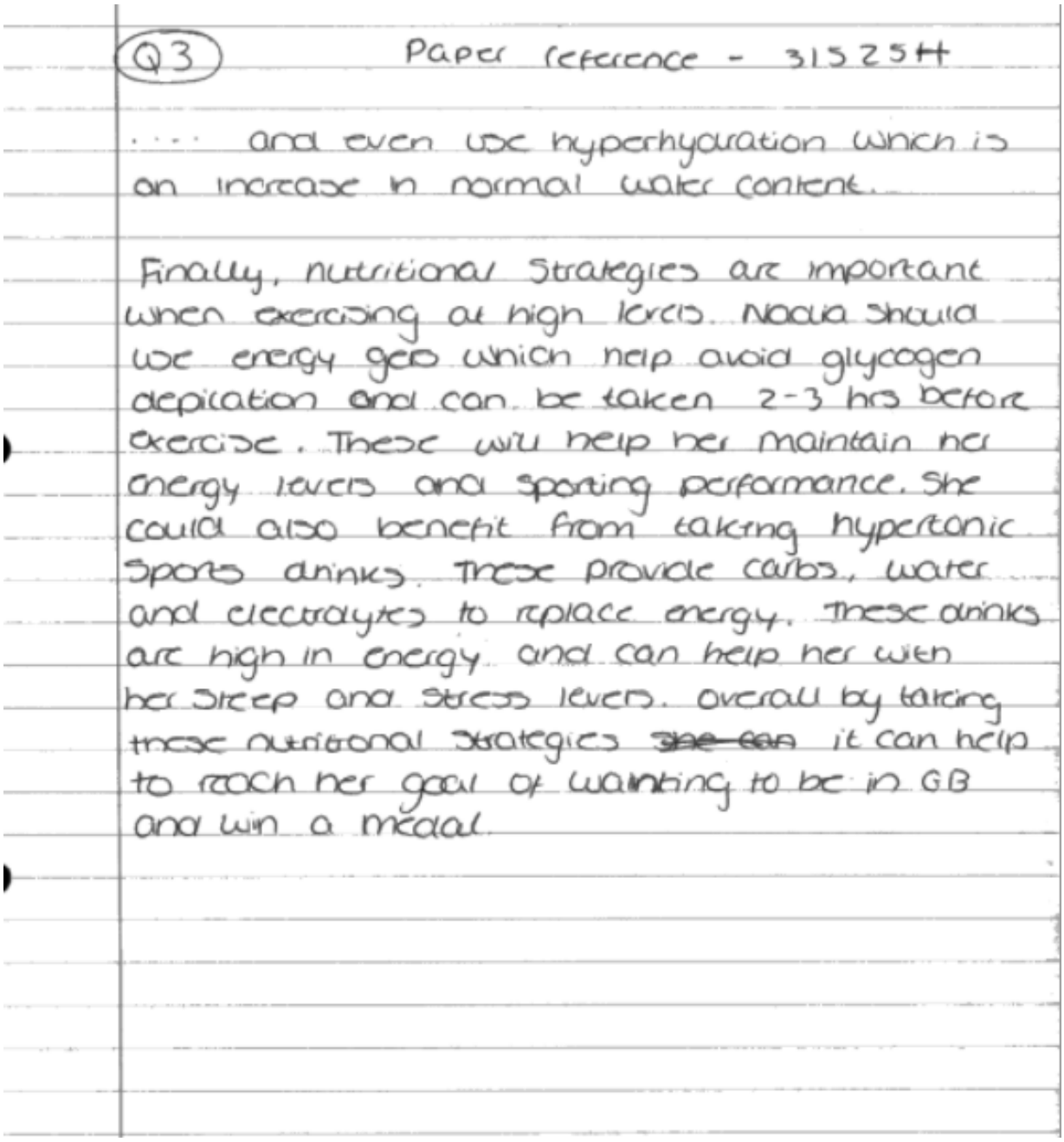
Slow release like bread and pasta. As she doesn't consume enough it can lead her to feeling very fatigue and tired, therfore she should try and consume more carbs as it is the main source of energy. Fats protection and cushion the organs and you should have 20g per day. Too little of fats can lead to a loss of body heat and a lack of energy. Nadia consume some fat but not enough therfore needs to consume more fat in her diet. Proteins help with the muscle growth and repair structure and the guidelines state you should have 45g per day. These come in foods like fish and meat, we can see Nadia consumes protein in her meals so she has a salmon meal on day 1 and a steak on day 2. To avoid the lack of function of enzymes cells and to build more energy in her body, she should consume enough protein a day.

Their are 4 micronutrients ; vitamins, minerals, calcium and iron. Minerals are nutrients essential for life and come in trace elements like nuts and seafood. As Nadia doesn't eat enough nuts she should increase her nut intake to avoid weaker bones. Calcium is

essential for healthier bones and well-being. It is in foods like meat and dairy which Nadia consumes meaning she will have a gain in bone mass. Iron is essential for health + well-being and comes in red meat + nuts. Nadia should consume more of this to avoid anaemia + fatigue. Vitamins A, B, C, D are all essential for the function of the body however Nadia should consume more fruit and veg which have vitamins A + C.

Hydration is key in day to day life as water is 45-65% of your total body weight. You should consume 2-2.5L a day, according to the guidelines, and drink 150-300ml before during and after events. Nadia drinks plenty of water as she drank 3L day 1 and 2.5L day 2. If not enough water is consumed, it can lead to dehydration which reduces strength, due to shortness of breath and headaches. Therfore Nadia should drink more water than the recommended when exercising to avoid dehydration

(Total for Activity 3 = 8 marks) Q03_



Q3 Paper reference - 31525H

.... and even use hyperhydration which is an increase in normal water content.

Finally, nutritional strategies are important when exercising at high levels. Nadia should use energy gels which help avoid glycogen depleation and can be taken 2-3 hrs before exercise. These will help her maintain her energy levels and sporting performance. She could also benefit from taking hypertonic sports drinks. These provide carbs, water and electrolytes to replace energy. These drinks are high in energy and can help her with her sleep and stress levels. overall by taking these nutritional strategies ~~she can~~ it can help to reach her goal of wanting to be in GB and win a medal.

The learner has proposed nutritional guidance that demonstrates specific relevance to the individual's requirements. The nutritional guidance is specific to the individual as they have covered the recommended daily allowance of calories and that they should be consuming more to maintain a positive energy balance. The three macronutrients, their quantities and sources of food, micronutrients and sources of food, hydration and ergogenic aids have all been recommended. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed nutritional guidance in detail and made it relevant to the individual's dietary requirements and sporting performance. The justification considers that the individual needs to maintain a positive energy balance due to the amount of exercise that is being undertaken. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

Activity 3

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Nutritional guidance	0	1–2	3–4	5–6	7–8
	No rewardable material	Proposed nutritional guidance is generic, with limited relevance to the individual's dietary requirements. Justification for proposed nutritional guidance has been attempted, however shows limited relevance to individual's dietary requirements.	Proposed nutritional guidance demonstrates general relevance to the individual's requirements. Justification for proposed nutritional guidance is generally relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates relevance to the individual's requirements. Justification for proposed nutritional guidance is relevant to the individual's dietary requirements.	Proposed nutritional guidance demonstrates specific relevance to the individual's requirements. Justification for proposed nutritional guidance is specifically relevant to the individual's dietary requirements.

This response gained 3 out of 8 marks.

3 Provide and justify nutritional guidance for Nadia Kang to meet her specific requirements.

(8)

In ~~the~~ her nutritional status, She usually take 4 meal a day, which is really good. Because many people will skip the main important meal 'breakfast'. But She only ~~is~~ had a banana for the breakfast, that's not enough. Because the breakfast is really important, because after you sleep, is already 7-8 hours haven't got any food intake. So that she need to eat some more in the morning. About the lunch, she had a chicken salad and a apple. which is really good. Because she had some protein, vitamins A,B and Iron in. But because of she is underweight, she might need to have some complex carbohydrates, such like 'pasta, rice, potatoes, bread, noddles' it also can help her to feel more powerful. It is good for her training. The dinner, she had salmon, rice and vegetables. This is a very good meal, ~~she~~ ~~got~~ the food had got some protein, Complex carbohydrates and ~~vita~~ vitamins A in. And about the snacks, she got ~~Some~~ 1 packet of crisps and 1 chocolate bar, which is not bad. And She drink 3 litres of water of the first day. this is really good, become a normal ~~For the day~~ ~~She~~ person need ~~s~~ at least 2.5 l water a day.

For the second day, She got 1 toast with honey for the breakfast. It is not bad for breakfast, At least she got some complex carbohydrates for her to provide some energy Because carbohydrates are the bodies most readily available energy source, stored in the muscles and liver as glycogen. For the lunch, she got ~~Some~~ a ham and cheese sandwich and a banana. It is a good lunch. She had got some protein, complex cobohydrates etc. And the dinner, She got ~~Some~~ a steak, chips and salad. It's really good, because steak can provid many protein to our body. And the ~~Steak~~ steak can also provide the fats to our body, and She got some complex ~~Carbo~~ carbohydrates

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and vitamins A, calcium and iron. It is a very good meal for our health. And this time she got two packet of ~~apple~~ crips and 1 apple for the evening. Also that she drink 1 of fizzy drink and 2 liters of water. The fizzy drink can provide Sue Simple to our body.

~~But~~ She acutally have a good meal for her, but she need to ~~have~~ eat a bit more for the breakfast. And need to eat a bit more carbohydrates, because she is underweight.

DO NOT WRITE IN THIS AREA

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The learner has only proposed nutritional guidance around micronutrients and hydration. There is limited nutritional guidance around the macronutrients. Therefore, the nutritional guidance shows general relevance to the individual's dietary requirements. While the learner has mentioned Protein and Carbohydrates, they have failed to talk about Fats which make up the macronutrients. This part of the learner's response has fallen into mark band 2 for trait 1 of the mark scheme.

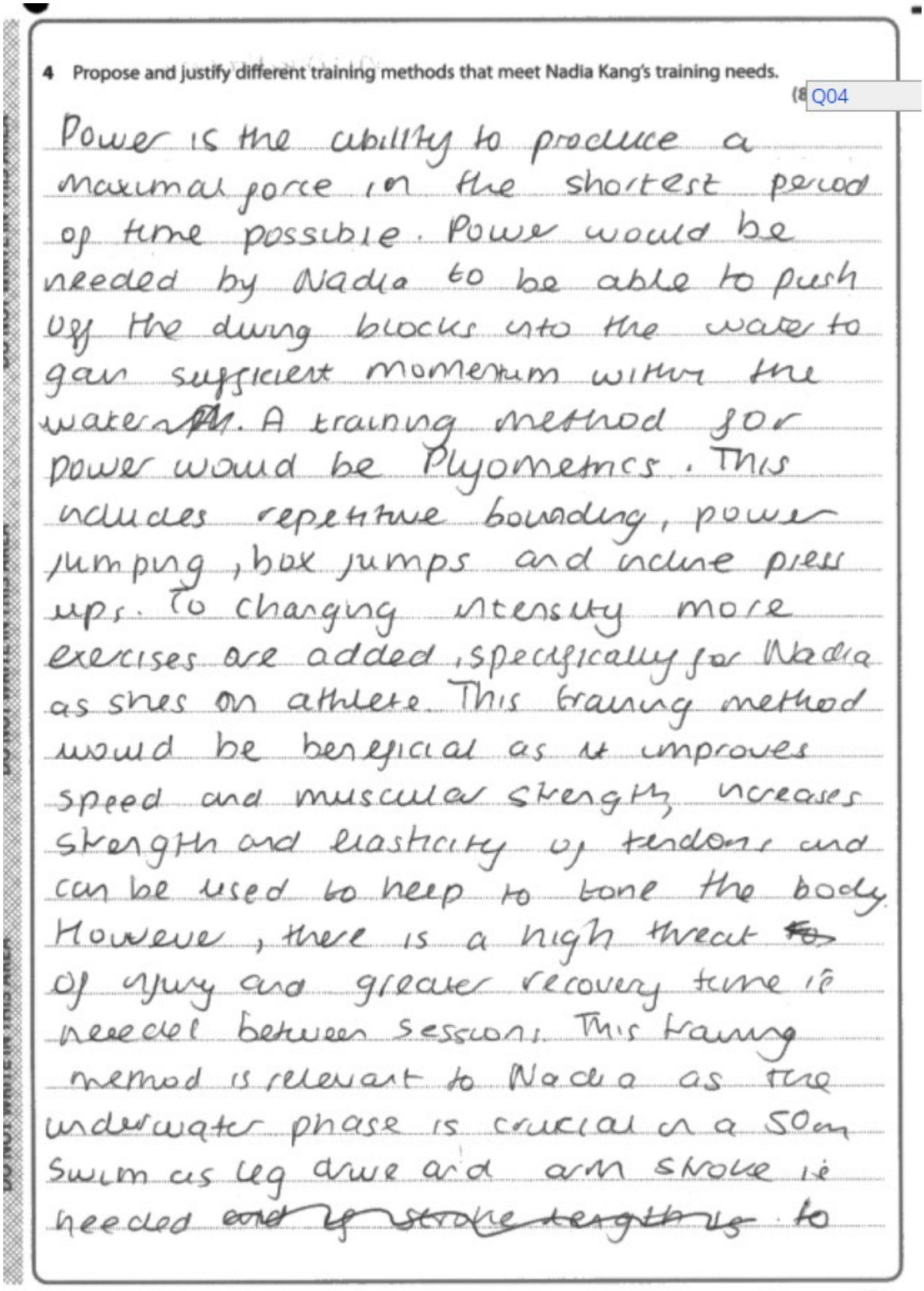
The justification for the proposed nutritional guidance has been attempted, however shows limited relevance to the individual's dietary requirements as only micronutrients and hydration have been covered by the learner in limited detail. This part of the learner's response has fallen into mark band 1 for trait 2 of the march scheme.

Question 4 – Propose and justify different training methods that meet Nadia Kang's training needs.

To gain maximum marks for this question learners should be able to propose training methods that demonstrate specific relevance to the individuals training requirements. A learner should be able to propose training methods based around either Speed, Power, Strength, Reaction Time, Aerobic Endurance, Muscular Endurance, Flexibility or Core Stability. If a learner proposes at least one training method from the specification for four different components of fitness identified above, then they would fall into mark band 4 for trait 1.

A learner should be able to justify their proposed training methods identified making them specifically relevant to the individual's training needs. Learners should be able to state which method of training would be most appropriate and why for the components of fitness highlighted in this scenario.

This response gained 7 out of 8 marks



4 Propose and justify different training methods that meet Nadia Kang's training needs. (8 Q04

Power is the ability to produce a maximal force in the shortest period of time possible. Power would be needed by Nadia to be able to push off the diving blocks into the water to gain sufficient momentum within the water. A training method for power would be Plyometrics. This includes repetitive bounding, power jumping, box jumps and incline press ups. To changing intensity more exercises are added, specifically for Nadia as she's an athlete. This training method would be beneficial as it improves speed and muscular strength, increases strength and elasticity of tendons and can be used to help to tone the body. However, there is a high threat of injury and greater recovery time is needed between sessions. This training method is relevant to Nadia as the underwater phase is crucial in a 50m swim as leg drive and arm stroke is needed ~~and of stroke lengthing~~ to

get enough power and momentum.

Speed is the ability to move the whole body quickly or move limbs rapidly. Speed would be needed when swimming in the race to ensure that she can move as fast as possible when racing. A training method for speed is Interval training. Interval training is a work period followed by a rest period. This involves both aerobic and anaerobic exercises, it doesn't need specialized equipment and can improve recovery time. However, it can lead to overtraining and theres a high risk of injury. Nadia wouldn't want a high risk of injury as it would lead to reversibility impacting performance levels, affecting her chances of being part of team GB. which is her end goal.

Flexibility is having an adequate range of motion in all joints in the body. Nadia would need this especially when stretching her arms as far as possible in the water in order to get the most powerful pull and stroke length. The further the stroke length

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the further the athete would move, resulting in a faster race. Dynamic stretches and PNF could be used. Dynamic stretching involves motion with stretching e.g walking lunges, lunge with a twist. PNF involves isometrically contracting a muscle against a partner for 6-8 10 s. It improve individuals mobility and active static range of motion. It is also an advanced level of stretching which is relevant to Nadia as she's an athlete whose experienced.

Reaction time
Core stability is also needed for Nadia Reaction time is the time taken to respond to a stimulus. This would be needed when responding to the signal to begin the 50 m swim race. The better her reaction time, the faster she would finish the race, maximising her chances of being part of team GB. Ruler drop test can measure reaction time. In addition Core stability exercises like Yoga and Pilates could be used to reduce her stress levels as she experiences stress on a daily basis.

(Total for Activity 4 = 8 marks) Q04_Total

The learner has proposed at least one training method for Power, Speed, Flexibility and Core Stability from the specification showing specific relevance to the individuals training requirements and the scenario. The learner has proposed at least four training methods from different components of fitness that are specifically relevant to Nadia and her sport. This part of the answer has fallen into mark band 4 for trait 1 of the mark scheme.

The learner has also justified the proposed training methods making them relevant to the individuals training needs. The learner has justified each training method for each of the main components of fitness highlighted that could be used for the chosen individual and their training needs. The learner has also mentioned training methods that would not be suitable for Nadia considering that she is a sprint swimmer. This part of the answer has fallen into mark band 4 for trait 2 of the mark scheme.

Activity 4

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Training methods	0	1–2	3–4	5–6	7–8
	No rewardable material	The proposed training methods are generic, with limited relevance to the individual's training requirements. Justification for proposed methods is attempted however, is not always relevant to the individual's training needs.	The proposed training methods demonstrate general relevance to the individual's training requirements. Justification for proposed training methods is generally relevant to the individual's training needs.	The proposed training methods demonstrate relevance to the individual's training requirements. Justification for proposed training methods is relevant to the individual's training needs.	The proposed training methods demonstrate specific relevance to the individual's training requirements. Justification for proposed training methods is specifically relevant to the individual's training needs.

The extra one mark would have been awarded if the learner had justified more the training method that was proposed for core stability. Yoga was suggested at the end of the response with very limited justification.

Learners must ensure that they state a training method taken from the specification for the selected components of fitness that are relevant to the individual within the scenario. If strength and/or muscular endurance is highlighted in a given scenario, then the term 'weight training' would not be acceptable here as this is not a specific training method taken from the specification. Training methods such as free weights, fixed resistance machines and circuit training would be acceptable.

This response gained 2 out of 8 marks

4 Propose and justify different training methods that meet Nadia Kang's training needs.

(8)

One componant of fitness that needs to be trained is reaction time. Reaction time is the time it takes to react to a stimulus. This would be trained with circuit training as you can include many fun drills to improve it. Reaction time would benefit Nadia as she has to react quickly to a gun to dive into the water and get a head start.

Another COF that needs training is Speed. Speed is time it takes to get from point A to B quickly. I would train this with shuttle runs as it is easy and effective. Speed would be helpful for Nadia so that she can be fast through the water to win her race.

The last componant of fitness that needs training is Strength. Muscular Strength is the measure of a humans exertion of force on physical objective. We can test this with the grip test. This would be trained with the pyrmid method. Nadia needs strength in her muscles

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to be explosive pushing through the water, to give her an advantage to win the race.

It would also ~~be~~ train flexibility, flexibility is the range of movement at a joint. This would help Nadia to expand her arms more to be further in the water. I would train this through plyometric stretching as she is an elite athlete.

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The learner has proposed a training method for one component of fitness, Strength. The learner has proposed pyramid sets which is taken from the specification. The learner has proposed incorrect training methods for the component of fitness mentioned. This part of the learner response has fallen into mark band 1 for trait 1 of the mark scheme.

The justification for the proposed training methods is generic, with limited relevance to Nadia's training requirements. This part of the learner response has also fallen into mark band 1 for trait 2 of the mark scheme.

Question 5 – Design weeks 1, 3 and 6 of a 6-week fitness training programme for Nadia Kang.

Majority of the marks for question 5 would be awarded if candidates could design a training programme that demonstrated specific relevance to the fitness requirements for the chosen individual within the scenario. Candidates could choose from Power, Speed, Strength, Reaction Time, Aerobic Endurance, Flexibility, Muscular Endurance and Core Stability activities within the programme design. If a learner identified at least three different components of fitness within the programme design, then their response would fall into mark band 3 for trait 1.

The training programme should also demonstrate a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The FITT principle must be applied in full detail to the programme, being specific with the intensity of the activities. Additional principles of fitness training must also be applied such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation, and individual needs. Not all the additional principles of fitness training need to be applied here but the programme must demonstrate a thorough understanding of these and that they have been taken into account when designing the 3 weeks of the 6-week programme.

This response has gained 6 out of 6 marks.

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Nadia Kang.

warm up - 5 min jog and 5 min stretching (6) Q05

Week 1 Min - minute
MHR - Max heart rate
1RM - 1 rep max

	AM	Physical activity	PM
Monday	rest day		
Tuesday	speed training interval sprint training 6 reps 3 sets 80% MHR (out of pool)		core stability yoga session 30 minutes
Wednesday	power warm up plyometric training 5 exercises 3 sets 80 % MHR		rest
Thursday	core stability gym based exercises resistance machines 6 reps 3 sets 80% 1RM		speed Hollow sprints 6 reps 3 sets 80% MHR
Friday	power Pool session diving starts and stroke technique 30 mins 80% MHR		Flexibility PNF 4 stretches hold 6 seconds 2 reps
Saturday	competion day		Active recovery maintenance stretches 10 mins
Sunday	competion day		Active recovery maintenance stretches 15 mins

Week 3

	AM Physical activity	PM
Monday	rest day	
Tuesday	speed training warm up interval sprint training 8 reps 3 sets (in pool) 85% MHR	core stability pilates session 30 minutes
Wednesday	power warm up plyometric training 7 exercises 4 sets 85% MHR	pool session starts, turns, strokes 35 mins 80% MHR
Thursday	core stability gym based weighted exercises 8 reps 3 sets 85% 1RM	speed warm up Hollow sprints 8 reps 3 sets 85% MHR
Friday	power pool session diving starts 30 mins 85% MHR	Flexibility PNF 5 stretches hold 8 seconds 2 reps
Saturday	competition day	Active recovery maintenance stretches 10 mins
Sunday	competion day	Active recovery maintenance stretches 15 mins

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Week 6

	AM	Physical activity	PM
Monday	rest day		
Tuesday	speed warm up interval sprint training 10 reps 3 sets 90% MHR	out of pool	core stability yoga session 40 minutes
Wednesday	power warm up plyometric training 9 exercises 4 sets 90% MHR		pool diving starts, turns strokes 40 minutes 80% MHR
Thursday	core gym based exercises resistance machines 10 reps 3 sets	90% 1RM	speed Hollow sprints 10 reps 3 sets 90% MHR
Friday	power pool session diving starts 40 mins 85% MHR		flexibility PNF 5 stretches hold 10 seconds 2 reps
Saturday	competetion day		active recovery maintenance stretches 10 mins
Sunday	competition day		active recovery maintenance stretches 15 mins

(Total for Activity 5 = 6 marks) Q05_Tota

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The learner has designed a training programme that demonstrates specific relevance to the fitness requirements of the individual as they have included at least one training method and/or training session for Power, Speed, Flexibility and Core Stability. The learner has included at least one training method or training session for three different components of fitness that are specifically relevant to Nadia. This part of the answer has fallen into mark band 3 for trait 1 of the mark scheme.

The training programme that has been designed has also demonstrated a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has implemented the FITT principle each week and clearly stated the intensity for majority of the sessions. The programme progresses each week, has included rest and recovery days, has variation included with a variety of different training methods being used and the programme also takes the persons individual needs into account by including the relevant fitness requirements. The training programme has also considered both pool based and non-pool based training as well as implementing rest days. This part of the answer has fallen into mark band 3 for trait 2 of the mark scheme.

Activity 5

Assessment focus	Band 0	Band 1	Band 2	Band 3
Six-week training programme	0	1–2	3–4	5–6
	No rewardable material	The training programme is generic, with limited relevance to the fitness requirements of the individual. Certain requirements may be omitted. The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.	The training programme demonstrates relevance to the fitness requirements of the individual, although not all requirements are covered. The training programme demonstrates an understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.	The training programme demonstrates specific relevance to all fitness requirements of the individual. The training programme demonstrates a thorough understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements.

There was a high percentage of learners that did not correctly apply the FITT principle to the training programme in question. Many learners did not state an intensity for majority of the sessions for the individual or include the bpm (beats per minute) or MHR (Maximal Heart Rate) where relevant. 1RM or RPE would also be acceptable for intensity values.

This response has gained 3 out of 6 marks.

5 Design weeks 1, 3 and 6 of a six-week fitness training programme for Nadia Kang.

(6) Q05

Week 1

	AM	Physical activity	PM
Monday	Rest		Rest
Tuesday	Timed swim - 50m x 10 sets with 2 minutes break between (maximum effort) Gym session - upper body Push UPs - 8x12 reps Pull UPs - 8x 12 reps		Pilates
Wednesday	Yoga Gym - lower body Squats - 8x12 reps lunges with weights - 8x12 reps		Resistance training
Thursday	Interval training - with resistance (10x50m laps 3 min res) • using kick board		Free weights
Friday	~~Cycling to collage~~ Interval training - 10x50m maximum effort		Rest
Saturday	Competition		Competition
Sunday	Competition		Competition

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Week 3

	AM — Physical activity	PM
Monday	Rest	Rest
Tuesday	Timed swim - 50m x 15 sets 1.30 min rest between (maximum effort) Gym session - upper body Pull ups - 10x12 reps Push ups - 10x12 reps	Pilates
Wednesday	Yoga Gym - lower body squats - 10x12 reps lunges with weights - 10x12 reps	Resistance training
Thursday	Interval training - with resistance (15x 50m laps 2.30m rest) • using kick board	Free weights
Friday	~~Cycling to college~~ Interval training - 10x50m maximum effort.	Rest
Saturday	Competition	Competition
Sunday	Competition	Competition

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Week 6

	AM	Physical activity	PM
Monday	Rest		Rest
Tuesday	Timed swim - 50m x 20 sets 1min rest between Gym session - upper body push ups - 12x12 reps Pull ups - 12x12 reps		Pilates
Wednesday	Yoga Gym session - upper body squats - 10x12 reps lunges with weights - 10x12 reps		Resistance training
Thursday	Interval training - ~~220~~ with resistance (20x50m laps with 2 minute rest between) • Using ~~a~~ ~~floats~~, kick board.		Free weights.
Friday	Interval training - 10x50m maximum effort		Yoga. (30-60second hold). Static - lying twists, shoulder stretch, cobra pose, lunges Dynamic - lunge and reach, arm and leg swings
Saturday	Competition		Competition
Sunday	Competition		Competition

(Total for Activity 5 = 6 marks) Q05_Tota

The training programme that has been designed demonstrates specific relevance to the fitness requirements of the individual, as Core Stability, Speed and Strength/Muscular Endurance have all been covered. This part of the learner response has fallen into mark band 3 for trait 1 of the mark scheme.

The training programme demonstrates a limited understanding of the principles of fitness training, in the context of the individual's lifestyle or training requirements. The learner has not included any intensity values towards the FITT principle and the additional principles of training have not been thoroughly demonstrated by learner as areas such as progression are hard to demonstrate without intensity values displayed. This part of the learner response has fallen into mark band 1 for trait 2 of the mark scheme.

Question 6 – Justify the fitness training programme that you have designed for Nadia Kang, considering the principles of fitness training.

A learner should be able to give a justification that demonstrates a thorough understanding of the principles of fitness training applied to their training programme. The FITT principle must be justified in relation to their training programme and again majority of the additional principles of fitness training should be justified such as specificity, overload, progression, reversibility, rest and recovery, adaptation, variation and individual needs in terms of the training programme that has been designed. If learners justify correctly and in detail the FITT principle plus at least 6 additional principles of training, then their response would fall into mark band 4 for trait 1 of the mark scheme.

A learner should be able to give a justification that demonstrates relevance to the design of the training programme and the training requirements of the individual. Learners should be able to justify the aims and objectives of the training programme for the chosen individual as well as any personal goals (SMARTER) and resources required. Periodisation should also be mentioned in the context of the design of the 6-week fitness training programme. If a learner justifies the client's aims of the programme, their goals using the SMARTER acronym, Periodisation and resources required then their answer would fall into mark band 4 for trait 2 of the mark scheme.

This response gained 11 out of 14 marks

FITT SMARTER

6 Justify the fitness training programme that you have designed for Nadia Kang, considering the principles of fitness training.

(14 Q06

Nadias main goal is to be ~~part of~~ selected for Team GB and compete for a medal at the next Olympic Games in her specialist 50 M sprint ♀ event. In order for her to reach these goals FITT, SMARTER and SPORRVAIR acronyms have been implemented into her traning programme

The FITT stands for frequency, intensity, time and type. Frequency has been implemented into the programme as the amount of times Nadia needs to complete the 50m swim for Interval training has been detailed with progression being shown as first it was needed to be completed 5 times and later on in week 6, 6 times. Intensity has been included as the relevant % of MHR has been added and overload has been shown where she is working at a higher % of MHR as the weeks progress. The time she trains has been shown for Yoga and Pilates. The type of traning has

also been clearly specified as to which component of fitness it is working and measuring e.g Plyometrics tests power.

The ~~SMARTER~~ SPORRAM VAIR acronym has also been used when designing the programme. It is specific because it matches Nadias sport which is swimming and works the components of fitness which Nadia would need for swimming for example: power would be needed when jumping off the diving blocks to get into the water, so this is why Plyometrics was used. Progression has also been detailed in my programme because for example in week 1 the 50m swim for interval training had a 2mn rest but in week 6 she only had a 1 mn rest. This is highlighting that as the weeks progress, the rest time is reduced therefore increasing the difficulty of the exercise. Overload can be seen as she will be working harder than normal as recovery time is reduced as weeks progress to week 6 and the frequency of the exercises also increases from 5

* times for interval training in Week 1 and 3 to 6 in week 6. This would benefit Nadia as it would help her to ensure that maximal progression is shown in performance levels which would help her to achieve her goals to be part of Team GB, due to her fitness and performance levels being enhanced. The programme also ensures that reversibility is reduced because relevant rest days have been added to her programme as in week 1 she rests both on saturday + Sunday, on week 3 she rests on sunday and week 6 she rests within the week prior to the competitions at the weekend. Again this is showing progression but by adding rest days this gives time for her body to recover and reduces the risk of injury which could lead to fitness deteriorating. In addition, Variation has been shown as there are a variety of different training methods each working different components of fitness which would contribute to preventing boredom and tedium as the

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training methods aren't similar and all involve completely different exercises (e.g power - plyometrics e.g box jumps and flexibility e.g PNF stretches). In addition its related to her individual needs because the programme has been made to fit around her age and fitness level to ensure maximal progression is shown to make sure she has the best chance of being selected for Team GB

SMARTER has also been implemented. Its specific as the training programme is linked to swimming (which is her sport) and the components of fitness involved in swimming. Its measurable as Nadia would be able to monitor her progression by using a range of fitness tests. Its also achievable because the programme is suited to her goals, age and level of experience. Its realistic because its suited to her goals and it aims to improve particular components of fitness needed when swimming (within a long period of time - 6 microcycles). Its time phased as it has certain deadlines Nadia has to meet (and its time phased as its a 6 week mesocycle with 1 week microcycle) and its recorded as Nadia will have a training diary where she details the progression over the 6 week period.

(Total for Activity 6 = 14 marks) Q06_Tot

TOTAL FOR TASK = 60 MARKS

The learner's justification has demonstrated a thorough understanding of the principles of fitness training that have been applied to the training programme. The learner has justified the FITT principle in relation to the training programme and they have also included six of the additional principles of fitness training from the specification. They have commented on specificity, progression, overload, rest, variation, and individual needs. The learner has correctly justified six principles of fitness training plus the FITT principle to allow this response to fall into mark band 4 for trait 1 of the mark scheme.

The justification is generally relevant to the design of the training programme and the training requirements of the individual. The learner has included the SMARTER acronym in relation to the individual and the training programme as well as the individual's overall aims. This part of the answer has fallen into mark band 2 for trait 2 of the mark scheme.

Activity 6

Assessment focus	Band 0	Band 1	Band 2	Band 3	Band 4
Provide a justification for the training programme that has been produced for an individual	0	1–4	5–7	8–10	11–14
	No rewardable material	The justification demonstrates a limited understanding of the principles of fitness training. The justification is generic with limited relevance to the design of the training programme, or the training requirements of the individual.	The justification demonstrates a limited understanding of the principles of fitness training applied to the training programme. The justification is generally relevant to the design of the training programme and the training requirements of the individual.	The justification demonstrates an understanding of the principles of fitness training applied to the training programme. The justification demonstrates relevance to the design of the training programme and the training requirements of the individual.	The justification demonstrates a thorough understanding of the principles of fitness training applied to the training programme. The justification demonstrates specific relevance to the design of the training programme and the training requirements of the individual.

The extra three marks would have been awarded if the learner had included a justification around how periodisation has been applied to the training programme as well as what resources are needed for it to be successful.

There are still learners that do not include any principles of fitness training when it comes to their justification. Learners spoke about their fitness training programme but only in terms of what they had included for each of the 3 weeks, making their justification show a limited understanding of the principles of fitness training.

This response gained 1 out of 14 marks

6 Justify the fitness training programme that you have designed for Nadia Kang, considering the principles of fitness training.

(14 Q06

This training programme is designed for Nadia to improve her swimming performance in order to reach her goal of being selected for Team GB and to compete for a medal at future olympic ~~goa~~ Games. She also had an intensity drop, therefore theis programme improves her intensity aswell.

In week 1 I selected many activities including gym work such as pull ups, squats and freeweights. This is to improve her strength. I have also included resistance and interval activities to help with speed and ~~an~~ yoga activities to help with flexibility. Therefore ~~all which~~ including pool and land based activities, they do each component of fitness around 2-3 times in the week. The interval and resistance ~~tra~~ training I have started at 10×50 m intervals and ~~a~~ gym sets at 8×12 reps, with yoga/pilates holding stretches for 30-60 seconds. I have put the tuesday timed swim at maximum effort so that Nadia has a starting point for what time she needs to improve.

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The learner has not justified any of the principles of fitness training in relation to the training programme. The learner has commented on the programme and what types of activities have been included, but not mentioned any of the principles of training. This part of the learner's response falls into mark band 0 for trait 1 of the mark scheme.

The justification given is generic with limited relevance to the design of the training programme, or the training requirements of the individual. The learner has only stated the individuals overall aim and goal for the programme. They have not mentioned the SMARTER acronym, periodisation or which resources are required. This part of the learner's response has also fallen into mark band 1 for trait 2 of the mark scheme.

Summary

- The scenario will always allow for all seven lifestyle factors to be commented on from the specification with regards to question 1. These are diet, exercise, smoking, alcohol, stress, exercise, sleep and sedentary lifestyle. All four health monitoring tests can also be interpreted by the learner on each exam series. Learners should ensure that they interpret these correctly in terms of the normative data.
- Question 2 should see learners giving lifestyle modification techniques that are taken from the unit specification and that are relevant to the chosen individual within the scenario. These lifestyle modification techniques should be justified in terms of the individual within the scenario as well as commenting on the common barriers to change.
- Question 3 responses continue to improve each series as more learners are giving responses based around the unit specification. If learners propose nutritional guidance that is based around the recommended daily allowance of calories, macronutrients, micronutrients and hydration and justify these accordingly, then the learner's response would be aiming towards the higher mark bands.
- Question 4 should see learner responses that give specific training methods that are taken from the specification and are relevant to the individual within the scenario. The chosen training methods should then be justified in relation to the scenario and lifestyle of the individual.
- For question 5, ensure the FITT principle is fully applied to the training programme including the intensity. For any aerobic based activity, the intensity values must include either MHR (Maximal Heart Rate) or BPM (Beats per Minute). For any strength or muscular endurance-based activities, the intensity must be in %1RM (One Rep Max). RPE would also be acceptable here for an intensity value.
- For question 6, ensure that the learners are justifying the design of their training programme through the application of the principles of fitness training. Some learners are only commenting on what they have planned for on specific days and weeks instead of demonstrating their knowledge around all the principles of fitness training.
- Centre's should not be submitting the learner's notes with the booklet as these must be retained and stored by the Centre.

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